



Cell Phones: Security and Convenience for Older Adults

It wasn't long ago that cell phones were a luxury item. Today they're practically a "way of life" in our mobile society. For caregivers and elders, a cell phone can be indispensable.



Having a cell phone makes it easy for older adults to:

- call ahead to let someone know if they're running late.
- get driving directions (without getting out of their car) if they become lost.
- reach out to family or call "911" in an emergency.

New Cell Phones Designed for Older Adults

There are currently cell phones in development that feature larger numbers and letters, brightly lit displays, and louder volume options. For older adults who have problems with vision and hearing, these phones will be a great improvement.

Simplicity is another goal of the phones under development. Many of the "bells and whistles" of today's average cell phone are confusing and unnecessary for people who may be less attuned to technology, and who need a cell phone chiefly for convenience and security.

If you'd like to find out more about "senior friendly" phones, go to the internet and search for "elders and cell phones." Or call your local cell phone businesses. Find out which companies are now targeting this market with better phones and reasonable calling plans.

You can also call your Area Agency on Aging to find out about local programs that provide free "911" phones to seniors. While these phones cannot be used to make phone calls, they can send a "911" signal in an emergency.

Also, remember to call us at Work & Family Benefits. We can help find programs that may be lending, selling or giving "911" phones to seniors. We're happy to help!